

Managing Sight Loss

Advice for everyday living

What you need to know – Reading

- **Most people with vision impairment want to know how they can continue reading. In fact, there are many resources and devices that can help you continue to read cookbooks, stock reports, or the latest bestseller.**
- **A lot depends on you. You must be patient, willing to try new ways of doing things and willing to practice. Try low vision optical aids and reading resources. Your consultant or low vision clinic can help you explore devices that range from simple magnifiers to closed circuit television monitors that magnify printed words and pictures.**
- **No device, technique or service will replace the vision you have lost. Reading will not be as easy as it once was. With a little persistence, however, you can develop effective new reading habits.**

- **As you seek new ways to pursue reading, be sure to contact your local library and ask about services for the visually impaired. The library will give you access to a wide range of free services including a surprising selection of large-print books and newspapers.**
- **Adult Services and Children’s Services (previously Social Services) Sensory Teams can also advise on communication aids.**

Large-Print Material

- **In addition to the library, several major publishers, catalogue companies, and service organisations offer large-print books and materials. As an example, Reader’s Digest offers large-print editions and tapes of its publications.**
- **The Royal National Institute for the Blind maintains a free-post library of large print titles.**
- **In addition to books already available in large print, there are services that will transcribe material into large print. These organisations will transcribe anything from a**

textbook to a set of your favourite recipes. The service may be free or available at a moderate cost. Ask at your local voluntary society – they should be able to point you in the right direction.

Braille

- **Some people may benefit from learning Braille. Contact the RNIB or your local Adult Services or Children's Services Sensory Team for information.**